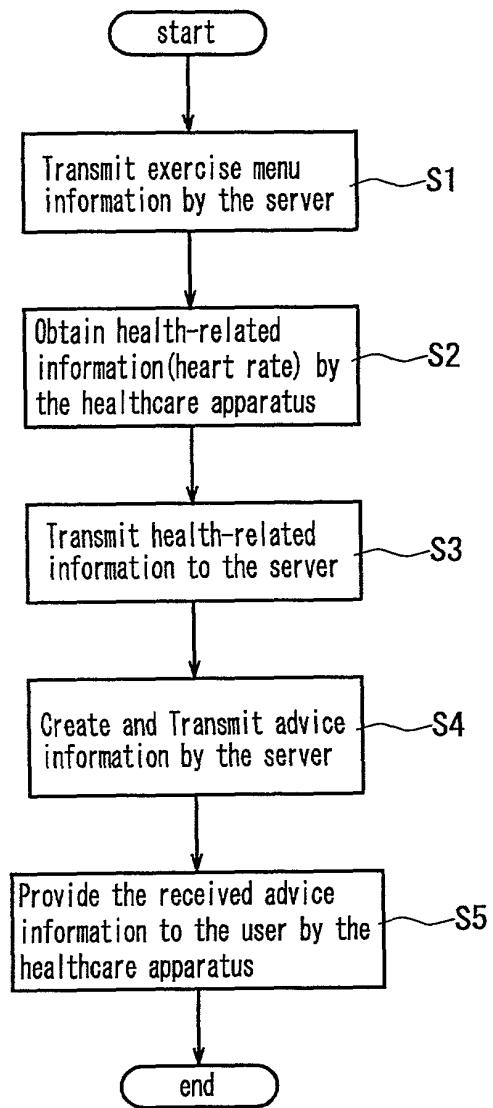


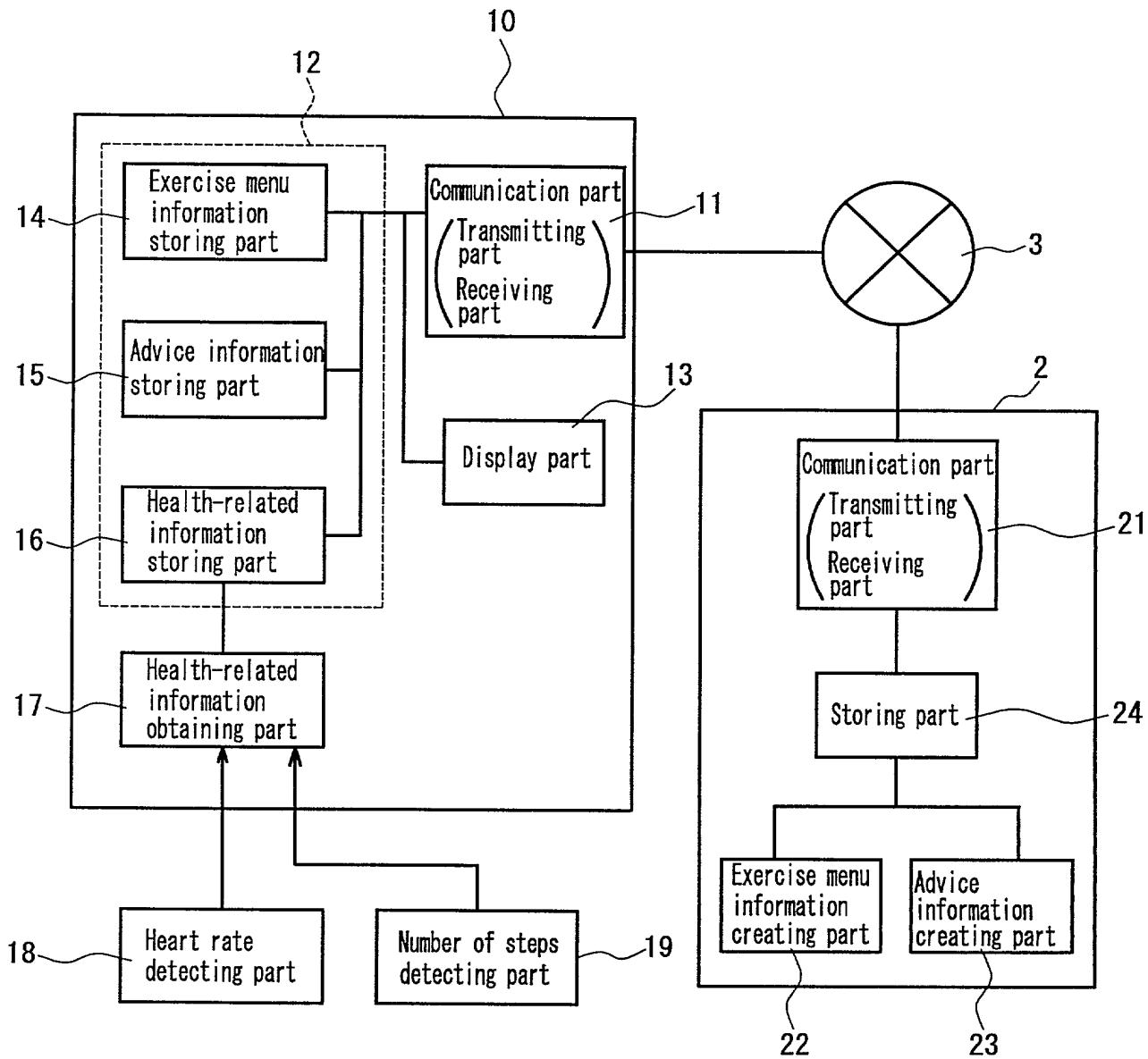
FIG. 1

Day of the week	Target heart rate			
	120-140	140-160	160-172	>172
Monday	40 minutes	40 minutes	—	—
Tuesday	—	—	15 minutes × 3	—
Wednesday	—	—	—	—
Thursday	40 minutes	20 minutes	—	3 minutes × 3
Friday	—	—	—	—
Saturday	40 minutes	40 minutes	40 minutes	—
Sunday	60 minutes	—	—	—

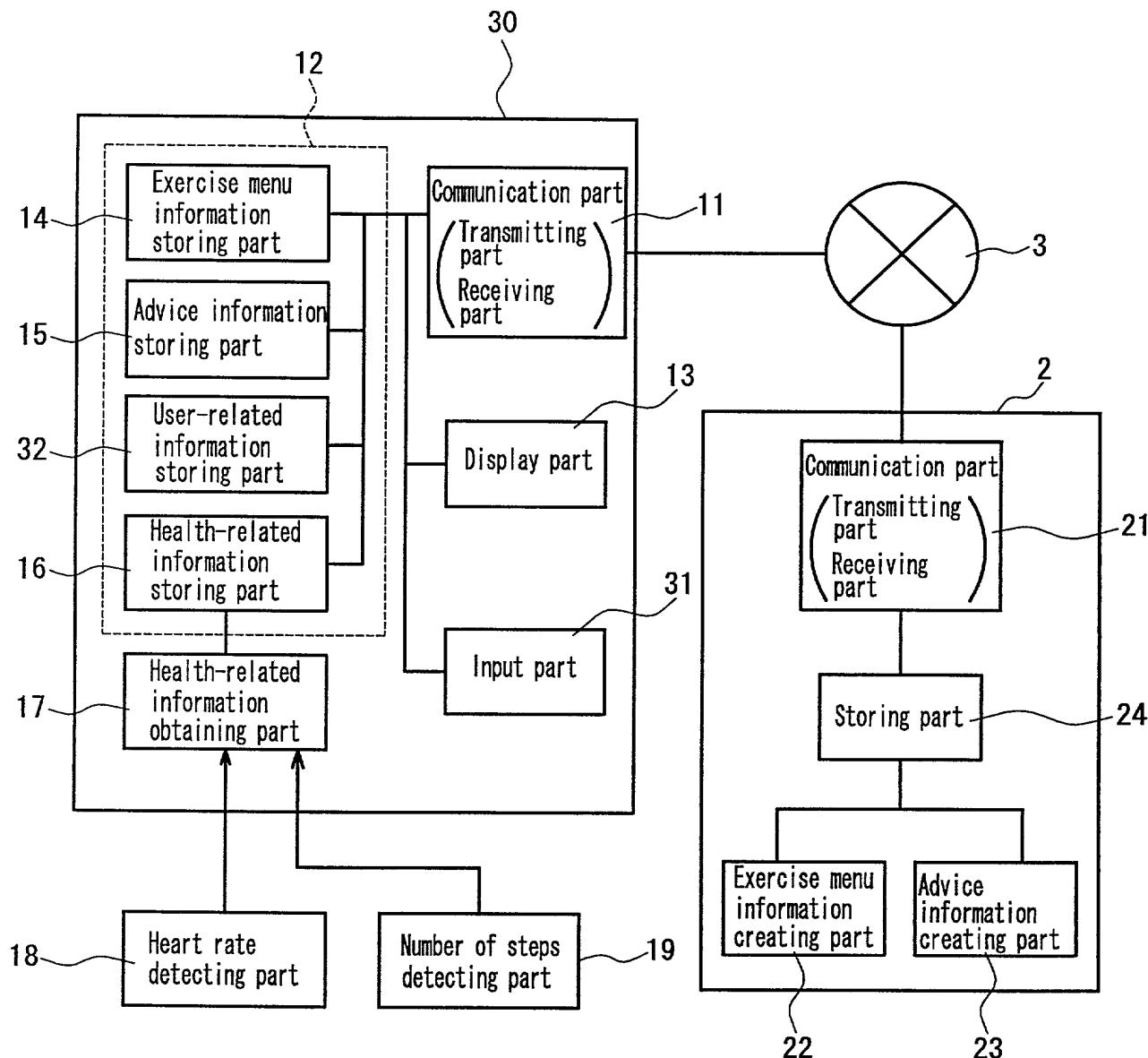
F I G. 2



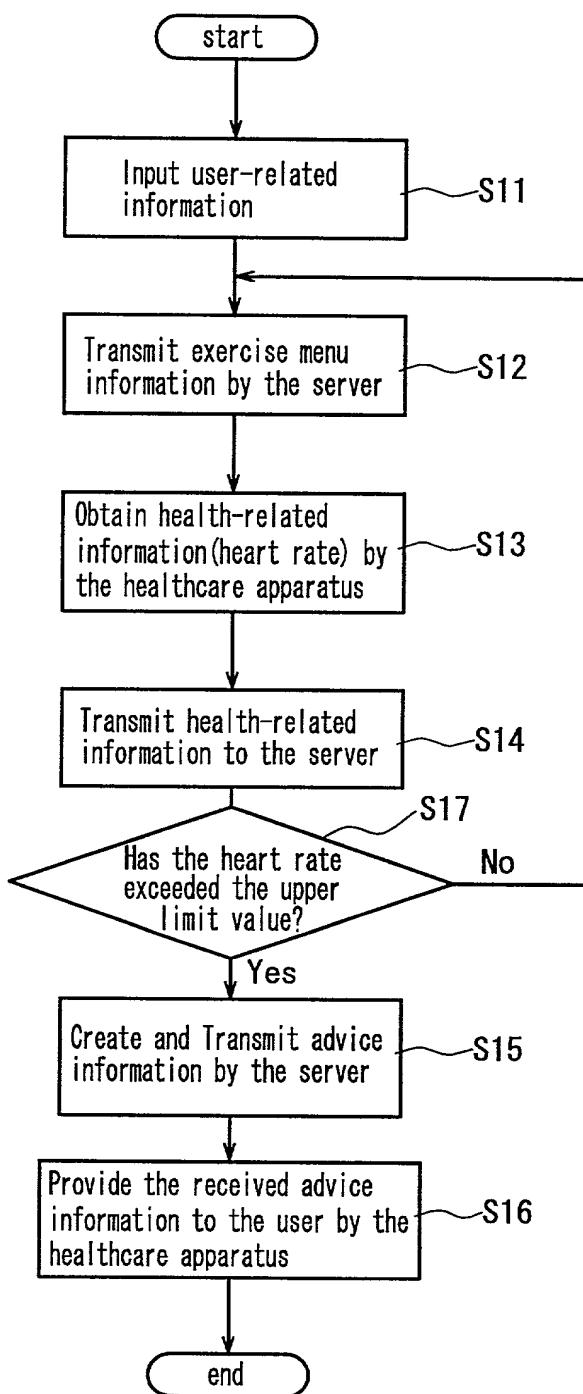
F I G. 3



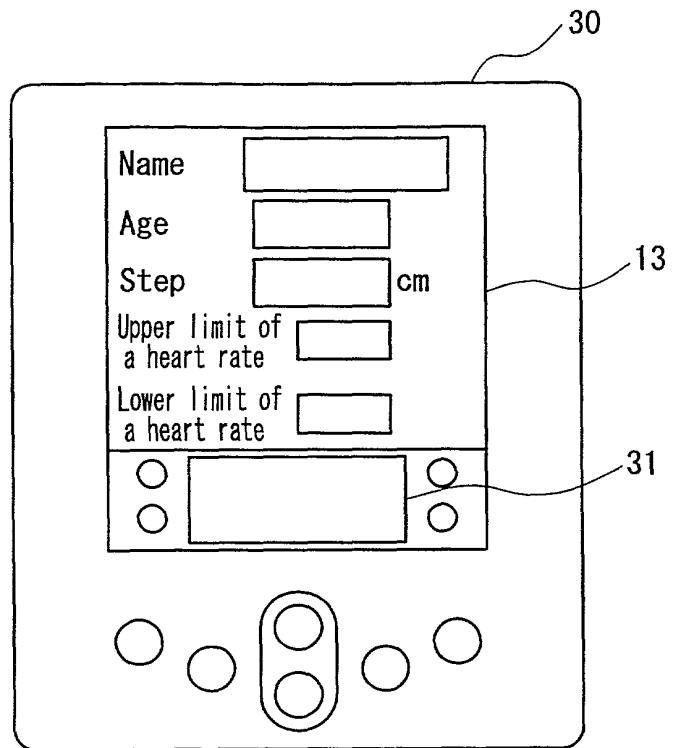
F I G. 4



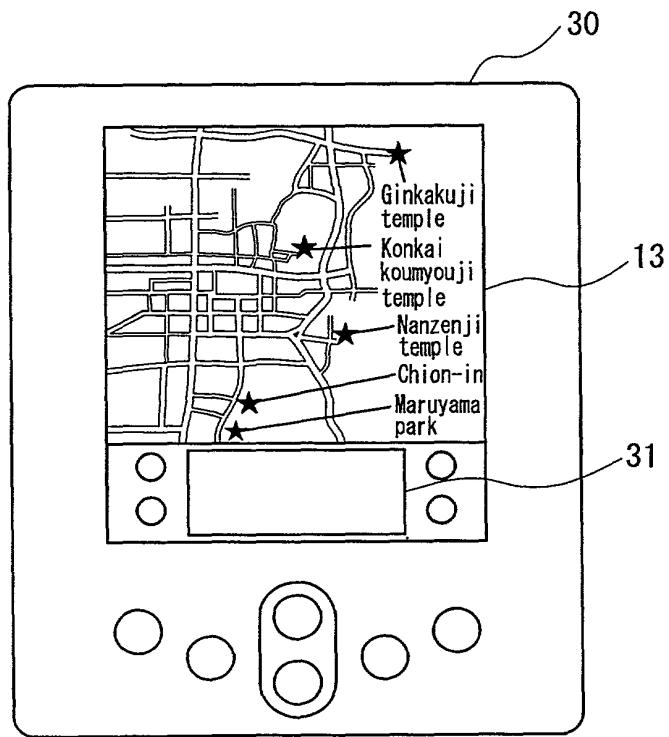
F I G. 5



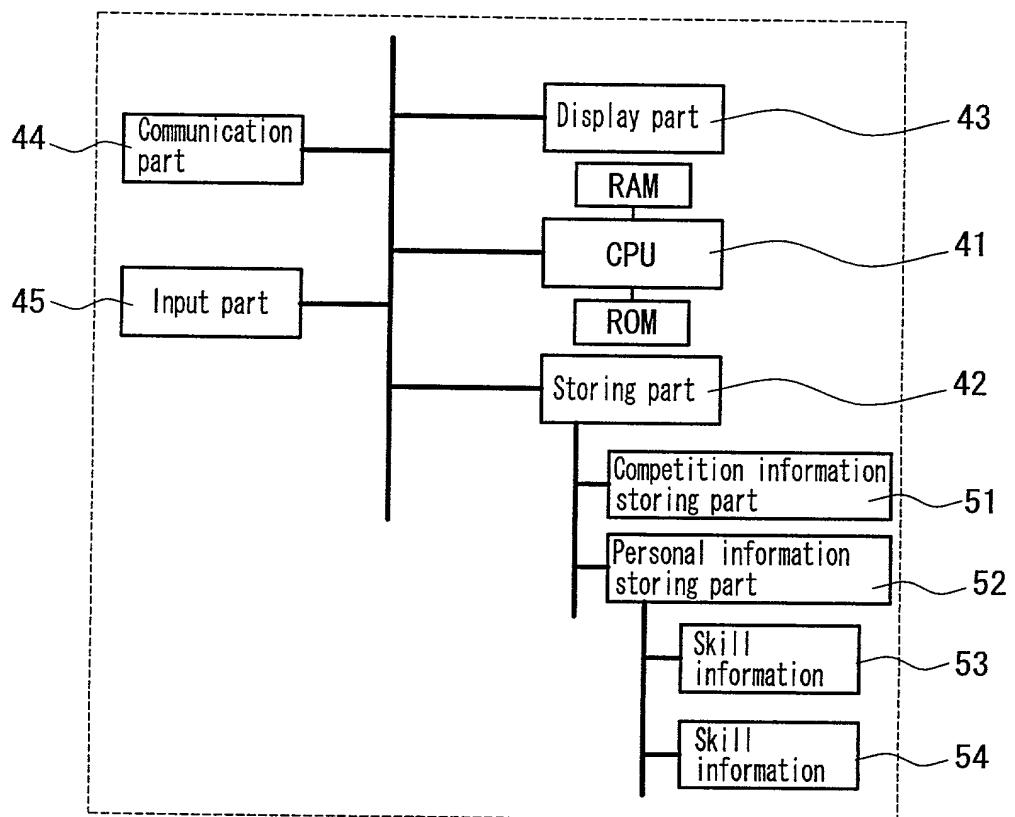
F I G. 6



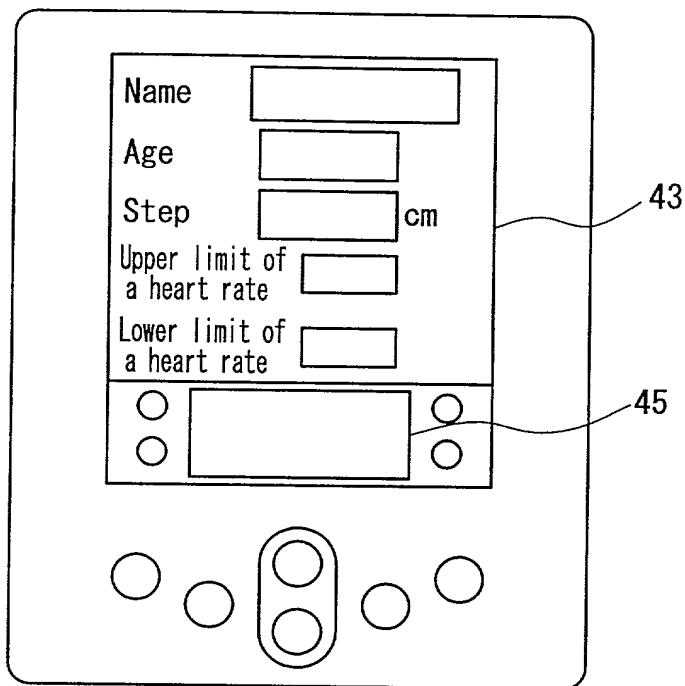
F I G. 7



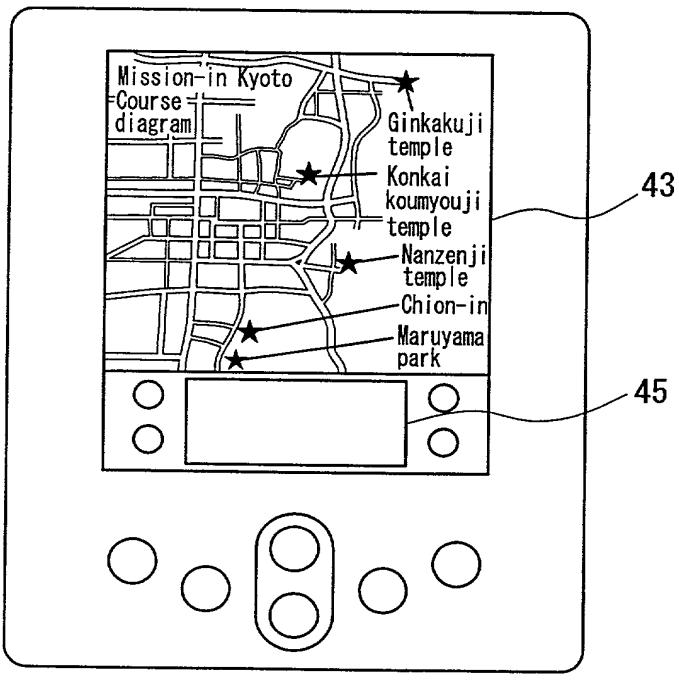
F I G. 8

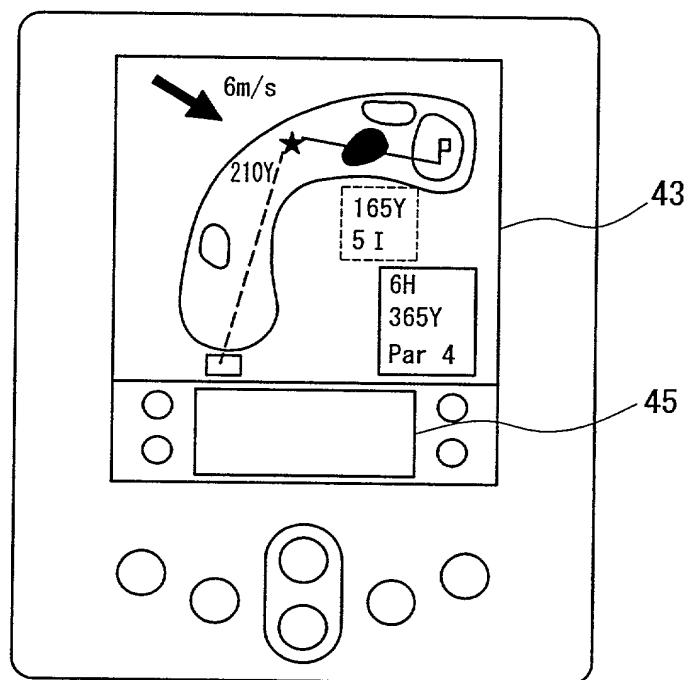


F I G. 9



F I G. 1 0





F I G. 1 2